<table>
<thead>
<tr>
<th>Course Information</th>
<th>Instructor Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intermediate Weight Training (Baseball)</td>
<td>Robert Dally</td>
</tr>
<tr>
<td>Spring 2015</td>
<td><a href="mailto:rdally@dccc.edu">rdally@dccc.edu</a></td>
</tr>
<tr>
<td>PHED 1141-33211; PHED 1141-33212</td>
<td>972-860-8008</td>
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<tr>
<td>G107</td>
<td>G118</td>
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**Course Description:**
Skills and instruction in weight training techniques are developed beyond the beginner level.

**Required Materials Including Textbooks (include ISBN)**
*None - all course information and materials will be provided.*

<table>
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<tr>
<th>Course Prerequisites</th>
<th>Disclaimer –</th>
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<tbody>
<tr>
<td>None</td>
<td>The instructor reserves the right to amend this syllabus as necessary.</td>
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</table>

**Texas Core Objectives for Student Learning**
The College defines essential knowledge and skills that students need to develop during their college experience. These general education competencies parallel the Texas Core Objectives for Student Learning. In this course, the following skills are in focus.

1. **Critical Thinking Skills** - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
2. **Communication Skills** - to include effective development, interpretation and expression of ideas through written, oral and visual communication
3. **Empirical and Quantitative Skills** - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
Student Learning Outcomes:
1. Students will be able to identify major muscles of the body and demonstrate exercises for specific muscle groups.
2. Students will complete pre and post test to determine anaerobic power, speed, endurance, and agility.
3. Students will complete a fitness profile to measure health related components of fitness.

CVC Learning Signature

CVC’s Learning Signature is One College Transforming Lives. Cedar Valley College establishes clear expectations for students through engagement and empowerment leading to excellence.

CVC Faculty and Staff expect students to:
• take responsibility for their own learning
• commit to achieving high academic performance
• be meaningfully engaged in the campus community

CVC Faculty and Staff expect to:
• provide students a clear pathway of instruction
• establish clear learning outcomes
• serve as role models and mentors for students

Course Outline

For maximum success in this course you should spend a minimum of 9 hours per week working on course material.

<table>
<thead>
<tr>
<th>Week</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Orientation</td>
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<tr>
<td>Week 2</td>
<td>Skills Testing</td>
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<tr>
<td>Week 3</td>
<td>Individual workout program set up</td>
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<tr>
<td>Week 4</td>
<td>Workout</td>
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<tr>
<td>Week 5</td>
<td>Components of Baseball</td>
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<tr>
<td>Week 6</td>
<td>Workout</td>
</tr>
<tr>
<td>Week 7</td>
<td>Workout</td>
</tr>
<tr>
<td>Week 8</td>
<td>Skills Testing/Written Exam</td>
</tr>
</tbody>
</table>

Evaluation Procedures

At the beginning of the course, the instructor provides a schedule of examinations and assignments that contribute to the final grade in the course for each student.

1. Attendance
2. Physical Fitness Assessments (Baseball related skills)
3. Strength and Training Log
4. Written Exam
5. Service Learning Hours

Exams and Assignments

The final grade for the course reflects evaluation of the student’s work on the following assignments that are calculated as follows:
This course is taught using a contract method of grading. Five (5) contracts will be offered. To receive credit for completing a contract all work must be completed during the current term.

**The grading is as follows:**
- Complete 4-5 contracts = A
- Complete 3-4 contracts = B
- Complete 2 contracts = C
- Complete 1 contracts = D
- Complete 0 contracts = F

**Contract # 1 – Attendance**
To complete this contract the student/athlete must not miss more than two (2) team practices, meetings, weight training activities, etc... For every absence after two (2) will result in reduction of 1 letter grade.

**Contract # 2 – Physical Fitness Assessments**
To complete this contract the student/athlete must perform in all the assigned fitness tests and score at or above the set standard given you on an individual basis.

**Contract # 3 – Strength and Training Log**
To complete this contract the student/athlete must record each exercise performed on their personal strength and training log.

**Contract # 4 – Written Exam**
To complete this contract the student/athlete must score 80% or greater on the written exam.

**Contract # 5 – Service Learning Hours**
To complete this contract the student/athlete must participate in a minimum of 5 hours.

Service Learning
The College offers a Service Learning Program that allows students to earn recognition for hours worked in a volunteer program with a local organization. See the Cedar Valley College web site for additional information.

[http://www.cedarvalleycollege.edu/CommunityMembers/Lists/WebPages/DispForm2.aspx?List=4910a51c%2D65b2%2D4293%2D9ecd%2D5f5aa383b44d&ID=17](http://www.cedarvalleycollege.edu/CommunityMembers/Lists/WebPages/DispForm2.aspx?List=4910a51c%2D65b2%2D4293%2D9ecd%2D5f5aa383b44d&ID=17)

**Any student who participates in the Service Learning Program may receive bonus credit towards their overall grade.**

**Stop Before you Drop** Under a Texas law (TEC Section 51.907), if you drop too many classes without having an acceptable reason, your GPA could be affected. Be sure you understand how this law may affect you before you drop a class.

The law applies to students who enroll in a Texas public institution of higher education (including the colleges of DCCCD) for the first time in fall 2007 or later. Under this law, you may not drop more than six classes without an acceptable reason during your entire
undergraduate career without penalty. For more information, please see our catalog or read Facts About Dropping Classes.

If you drop or withdraw before the official drop/withdrawal deadline, you will receive a grade of W (Withdraw) in each class dropped until the seventh unacceptable drop. You will earn a grade of WF for the seventh unacceptable drop, and each unacceptable drop after that. A grade of WF will be calculated in your GPA as an F.

The deadline for receiving a W is indicated on the academic calendar and the current class schedule. For more information, you may access: http://www.dcccd.edu/Why/Reg/Registration/Pages/DropWithdraw.aspx

The Dallas County Community Colleges will charge additional tuition to students registering the third or subsequent time for a course. This class may not be repeated for the third or subsequent time without paying the additional tuition. Third attempts include courses taken at any of the Dallas County Community Colleges since the fall 2002 semester. More information is available at: http://www.dcccd.edu/PC/Cost/3rdCrseAttmpt/Pages/default.aspx

Attendance Policy
In general, daily class attendance enhances student achievement of an A, B or C in the course. Students should advise instructors of illness, work or family situations that may require absence from a class. Instructor’s may modify or include other information as applicable to their course.

Classroom Policies
No Food, Cell Phones, and/or Immoral Etiquette are allowed.

Tutoring Services
All tutoring is available on a "drop in" basis; however, if you would like to make an appointment for a specific time, please call 972-860-2974. We encourage you to make an appointment for all written assignments. During each visit to the center, you will use your student ID# to sign in and out on our computer at the front desk. More information is available at: http://www.cedarvalleycollege.edu/FutureStudents/StudentServices/TutoringServices/default.aspx
QUALITY ENHANCEMENT PLAN

Cedar Valley College's Quality Enhancement Plan is designed to improve student learning in mathematics. Read more about our QEP at: http://www.cedarvalleycollege.edu/QEP/default.aspx

INSTITUTIONAL POLICIES

Academic Advising

Academic Advising is a collaborative educational process whereby students and their advisors are partners in meeting the students' academic, personal, and career goals. This partnership is a process that is built over the student’s entire educational career at Cedar Valley College.

Educational planning is available to all students. First time in college students must meet with academic advisors prior to enrolling in classes; however, continuing students may choose to see faculty advisors, faculty counselors, and/or program coordinators after classes begin. All parties have clear responsibilities for ensuring a successful partnership. For more information, you may access: https://www.cedarvalleycollege.edu/FutureStudents/StudentServices/AcademicAdvising/Pictures/AdvisingSyllabus.pdf

Academic Honesty

Academic honesty is expected, and integrity is valued in the Dallas County Community Colleges. Scholastic dishonesty is a violation of the Code of Student Conduct. Scholastic dishonesty includes, but is not limited to, cheating on a test, plagiarism, and collusion. See Also Student Code of Conduct. https://www1.dcccd.edu/catalog/ss/code.cfm?loc=CVC

ADA Statement

If you are a student with a disability and/or special needs who requires accommodations, please contact the college Disability Services Office at 972-860-8119.

Emergency Alert

Sign up for DCCCD Emergency Alerts to receive a text-message, e-mail and/or phone call when there is an unscheduled evacuation or closure of a DCCCD campus or office because of weather closures, utility outages, police or other emergencies. Subscribing is free, but standard text message charges from your cell phone provider will apply. Please refer to: http://www.dcccd.edu/SS/OnlineSvs/EmergAlerts/Pages/default.aspx

Financial Aid

Students who are receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment for the current semester. Students who fail to attend or participate after the drop date are also subject to this policy.
<table>
<thead>
<tr>
<th>Health Center Services</th>
<th>Basic first aid for minor cuts, scrapes, insect stings, and heat, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Over-the-counter medications for headaches, fever, seasonal allergies, and colds</td>
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<tr>
<td></td>
<td>• Over-the-counter medications for mild allergic reactions</td>
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<tr>
<td></td>
<td>• Emergency sanitary pads</td>
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<tr>
<td></td>
<td>• Blood Pressure check</td>
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<tr>
<td></td>
<td>• Coordination with outside health agencies such as Carter Blood Care; Dallas County Health Dept. (HIV/STD testing--free, twice a semester); UT Southwestern mobile mammography; Immunizations once a month for children &lt;19 y.o. from the DCDHHS; Agape Massage; and Employee Wellness Screening</td>
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<td></td>
<td>• Rest area for stress relief, migraine headaches, post seizure activity</td>
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<tr>
<td></td>
<td>• AED (Automatic External Defibrillator) for CPR</td>
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<tr>
<td></td>
<td>• Confidential &quot;talks&quot;</td>
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<tr>
<td></td>
<td>• Assists with health related club activities when asked and time permits</td>
</tr>
<tr>
<td>Religious Holidays</td>
<td>Absences for observance of a religious holy day are excused. A student whose absence is excused to observe a religious holy day is allowed to take a make-up examination or complete an assignment within a reasonable time after the absence.</td>
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</tbody>
</table>